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Subject: 🍁🍁 CLIMBING TEAM WEEK 5 🍁🍁
Date: October 8, 2023 at 11:18 PM
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Hey, climbers! IT'S ALMOST **FALL BREAK!!!!** 🍂🍁🌲



Practices for the week of 10/10 (ONLY belay certified climbers):

- Monday 8-10 pm:** **Around the World** - rotate ropes throughout the practice
- Tuesday 4:30 - 6:30 pm:** **Technique Tuesday** - improve your climbing technique
- Thursday 4:30 - 6:30 pm:** **Projecting** - work on routes that are difficult for you

There will be no practice from Saturday, October 15 to Sunday, October 23. Practice will resume Monday, October 24. Happy break!

- Green** - Low Intensity
- Yellow** - Medium Intensity
- Orange** - Medium/High Intensity
- Red** - High Intensity

All ability levels are welcome at all practices! The color coding is so that you have a general idea of what the vibe of the practice is going to be.

Info on belay classes and open hours:

1. Attend a [learn-to-belay class](#)
2. Get belay tested + certified at any [Open Hours session](#).

Finally, if you are interested in participating in climbing team social events, please sign up

for the **social listserv** (separate) on [this form](#).

You can also join our groupme at [this link](#)!

One last thing—after Tuesday/Thursday practices, we eat **team dinner** (aka, nutrition practice) in a dining hall, so be sure to save your dinner plans for that!

PS: Add your birthdays here :)

[Climbing Team Birthdays](#)

Good luck on midterms!

